

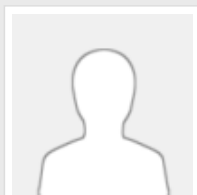
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Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion > LMS and Red Pill discussions > Looksmxing

Everyone should at least 1 cycle of roids, for muscle nuclei increase

Everyone should at least 1 cycle of roids, for muscle nuclei increase

Thread Modes



Satanas

Member



Posts: 89
Threads: 19
Joined: Sep 2015
Reputation: 50

04-04-2017, 02:53 AM (This post was last modified: 04-04-2017, 03:02 AM by Satanas.)

#1

It has been proven that steroids will increase the number of muscle nuclei and this advantage can last decades. This is why ex steroids users, can retain lots of muscle mass despite using TRT doses or even no juicing at all. IMO everyone should do one cycle of 3 months with proper nutrition, routine, and PCT. Ideally, you want to do 2 cycles. This won't affect your natty test much, if at all, and the results on the muscle fibers and nuclei will be basically permanent. Even if you lose some, or all your steroid gains, you still have gained something that will benefit you in the future.

Quote:

"Mice were briefly exposed to steroids which resulted in increased muscle mass and number of cell nuclei in the muscle fibres. Three months after withdrawal of the drug (approximately 15% of a mouse's life span) their muscles grew by 30% over six days following load exercise. The untreated mice grew insignificantly." "The results in our mice may correspond to the effects of steroids lasting for decades in humans given the same cellular 'muscle memory' mechanism.

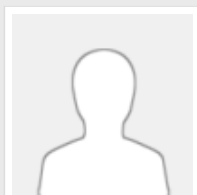
In short, the researchers found that even with several years of anabolic steroid withdrawal and a lack of strength training, important characteristics of muscle were permanently altered. These changes provide an advantage for strength performance and muscle growth many years after drug use has stopped. **Evidence shows that the number of nuclei generally remains proportional to the size of the muscle fiber, meaning that when a muscle fiber grows, the number of nuclei also increases**

Quote:

Until recently it was believed that during muscle wasting (**atrophy**) muscle cells lost nuclei by a nuclear self-destruct mechanism called **apoptosis**, but recent observations using time laps in vivo imaging in mice do not support this model. Direct observation indicated that no nuclei are lost under such conditions,[5] and the **apoptosis** observed in the muscle tissue were demonstrated to occur only in other cell nuclei in the tissue, e.g. **connective tissue** and muscle stem cells called **satellite cells**. Since in vivo imaging has confirmed that cell nuclei are added during strength training and not lost upon subsequent detraining,[3] the nuclei might provide a mechanism for muscle memory. Thus, upon retraining the extra nuclei are already there and can rapidly start synthesizing new **protein** to build muscle mass and strength.

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Reply



darkfresh500

Senior Member

04-04-2017, 03:41 AM

#2

Satanas Wrote:➡

(04-04-2017, 02:53 AM)

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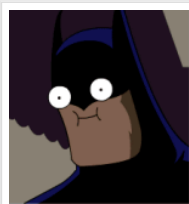
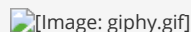
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GloriousWin

Senior Member



Posts: 421
Threads: 10
Joined: Jan 2016
Reputation: 453

04-05-2017, 05:07 AM

#3

This is completely correct. It not only permanently improves your natural ceiling, it will literally make you able to heal faster and maintain muscle into old age. If you don't like the idea of being a sad old man rotting for 10 years in a nursing home, this is one very solid way to protect against it.

Itvyr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



**lolita**

Colez Biker Gang



MASCULINITY CREW

Posts: 1,664
Threads: 118
Joined: Aug 2015
Reputation: **185**

**Iltvyr**

Mega Super Poster



Posts: 2,213
Threads: 364
Joined: Jul 2015
Reputation: **469**

04-05-2017, 04:21 PM

#5

Satanas Wrote: →

(04-04-2017, 02:53 AM)

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name of the study?

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Starcrazy Wrote: →

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: →

You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

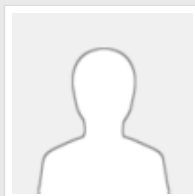
ethnicslayer Wrote: →

(02-04-2017, 04:19 PM)

surgery is the only vitamin

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Beastcoast94
Senior Member



Posts: 569
Threads: 55
Joined: Dec 2016
Reputation: **260**

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04-05-2017, 07:51 PM

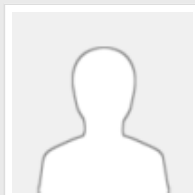
#6

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

Reply



Virga
Newbie

Posts: 8
Threads: 2
Joined: Dec 2016
Reputation: **0**

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04-06-2017, 05:14 AM

#7

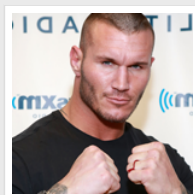
lolita Wrote: →

(04-05-2017, 06:20 AM)

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes. Muscles don't mean shit if the face is ultra shit looking.

Water retention ceases when you go off the roids

Reply



chopper
Colez Biker Gang



Posts: 813
Threads: 64
Joined: Nov 2016
Reputation: **1,431**

04-06-2017, 02:33 PM

#8

Beastcoast94 Wrote: →

(04-05-2017, 07:51 PM)

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

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I'm sure he built all that muscle using HGH and TRT doses of testosterone
dennis

2 captures

15 Apr 2017 - 18 May 2017



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Lolita

Colez Biker Gang



Posts: 1,664
Threads: 118
Joined: Aug 2015
Reputation: 185

Find

04-06-2017, 03:06 PM

#9

Virga Wrote: →

(04-06-2017, 05:14 AM)

lolita Wrote: →

(04-05-2017, 06:20 AM)

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes.
Muscles don't mean shit if the face is ultra shit looking.

Water retention ceases when you go off the roids

False
It won't especially on your face
Just look at many of the failed roiders off cycle

Reply



Iltvyr

Mega Super Poster



Posts: 2,213
Threads: 364
Joined: Jul 2015
Reputation: 469

04-06-2017, 08:55 PM

#10

isn't it dangerous?

lolita Wrote: →

(04-06-2017, 03:06 PM)

Virga Wrote: →

(04-06-2017, 05:14 AM)

Water retention ceases when you go off the roids

False
It won't especially on your face
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pics plz thx

Starcrazy Wrote: →

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: →

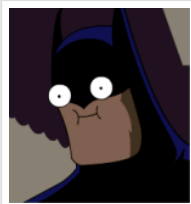
(04-11-2016, 06:48 PM)

You're as pedo as your hairline

ethnicslayer Wrote: →

(02-04-2017, 04:19 PM)

surgery is the only vitamin



GloriousWin

Senior Member



Posts: 421
Threads: 10
Joined: Jan 2016
Reputation: **453**

04-06-2017, 09:31 PM

#11

lolita Wrote: →

(04-06-2017, 03:06 PM)

Virga Wrote: →

(04-06-2017, 05:14 AM)

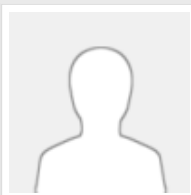
Water retention ceases when you go off the roids

False
It won't especially on your face
Just look at many of the failed roiders off cycle

Testosterone doesn't even cause facial water retention to any particular degree. It's usually stuff like DBOL that causes bloat. A straight Test cycle will cause minimal water retention. And that's in the short term. That small amount of water is gone post-cycle.

lItvyr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.



Beastcoast94

Senior Member



Posts: 569
Threads: 55
Joined: Dec 2016
Reputation: **260**

04-06-2017, 11:42 PM

#12

chopper Wrote: →

(04-06-2017, 02:33 PM)

Beastcoast94 Wrote: →

(04-05-2017, 07:51 PM)

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

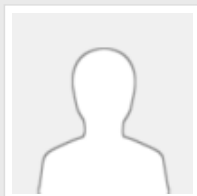
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I'm sure he built all that muscle using HGH and TRT doses of testosterone

dennis

He originally built the muscle blasting grams of AAS and tens of IUs of growth hormone. After several years of that his muscles contained many more cells than the average person.

He *now* only needs low dose TRT and a few IU of GH to maintain that freaky size



snowball364th

Member



Posts: 54
Threads: 8
Joined: Mar 2017
Reputation: 211



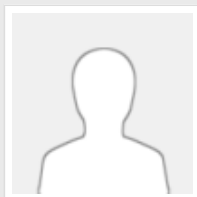
04-08-2017, 03:35 AM

#13

I highly do not recommend this.

Not because i disagree with your info, but because its extremely easy to get addicted to steroids. Once you experience recovery and gains with steroids, you either want to stay on them or lose interest in natty lifting all together.

Once youve fcked a 9/10 you will never want to touch a 4/10 again, same logic applies with steroids.



asiancel

Monster Poster



Posts: 9,924
Threads: 141
Joined: Mar 2016
Reputation: 2,140

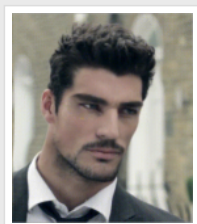


04-10-2017, 05:15 AM

#14

willing but unable...no reliable steroid source .

[Image: DBWm5aX.jpg]



SubGandy

Super Poster



Posts: 1,072
Threads: 55
Joined: Jan 2017
Reputation: 852



04-12-2017, 09:12 PM

#15

cycling is cope
blast and cruise for life



